

Daily Affirmations- May 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Mon	May	1st	You can only do your best.
Tue	May	2nd	Stop being so judgmental
Wed	May	3rd	Always be and do the best you can and give it your all!
Thu	May	4th	Acceptance is the key to all my problems.
Fri	May	5th	I can be content.
Sat	May	6th	I am beautiful. I am worthy. I am somebody.
Sun	May	7th	All things work together for good for those who love God ...
Mon	May	8th	Stay true to yourself.
Tue	May	9th	This too shall pass.
Wed	May	10th	Attitudes are contagious, be careful what you spread.
Thu	May	11th	Be not weary I well doing for in due season you will reap your reward
Fri	May	12th	(Think outside the bars.) Reflect each night on how you react and make necessary changes.
Sat	May	13th	I will better myself.
Sun	May	14th	I will not allow my mistakes to become my life.
Mon	May	15th	Your past does not make you who you are. Keep pushing forward!
Tue	May	16th	It is what it is.
Wed	May	17th	Harvest your life this season for the next one coming.
Thu	May	18th	And in the end, the love you take is the equal to the love you make.
Fri	May	19th	Let go and let God.
Sat	May	20th	Be grateful for being able to open your eyes each morning.
Sun	May	21st	Gotta get a goal.
Mon	May	22nd	If I do today what I did yesterday to stay clean, I will try it again tomorrow.
Tue	May	23rd	Don't dwell on yesterday. Live for today!
Wed	May	24th	Just when the caterpillar thought life was over, it became a butterfly.
Thu	May	25th	Be who you think you are, not who you think people want you to be.
Fri	May	26th	I think, therefore I am.
Sat	May	27th	Stars cannot shine without darkness.
Sun	May	28th	God finds you worthy to love. You can love you too.
Mon	May	29th	Seek the light. The smallest ray overcomes all darkness.
Tue	May	30th	For everything there is a season.
Wed	May	31st	It takes both rain and sunshine to make a rainbow.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.